



ASHLAND SOCCER ASSOCIATION

www.ashlandsoccerassn.com

PARENTS' LETTER

Ashland Soccer Association is a Recreational League not a Competitive League. Players are first and foremost participating for FUN while learning how to play soccer in a POSITIVE MANNER. The job of parents, coaches and referees is to allow all players to achieve these goals safely.

Please keep in mind:

1. Soccer is a game. It is to be kept fun and safe at all times.
2. Shin guards covered by socks are **MANDATORY** for ALL practices and games.
3. Your child should be on time for all practices and games and you are to be on time to pick up your child at the end of each practice. No child can be left unattended after a practice or a game.
4. Game shirts are to be worn at every game.
5. No jewelry, hair clips or barrettes are permitted during practices or games.
6. Players may wear soccer shoes or tennis shoes but, **UNDER NO CIRCUMSTANCES**, will a player be permitted to wear baseball shoes (shoes with a toe cleat.)
7. **ONLY** coaches and players are to be on the side of the field with benches. Parents and spectators are to be on the other side of the field. **NO ONE** is permitted to stand behind or beside the goals.
8. Each team is responsible for picking up litter around the field.
9. **THE OFFICIAL IS ALWAYS RIGHT**. Abuse of officials **WILL NOT** be tolerated.
10. Children learn more in a positive environment. Negative feedback only destroys morale.

Game cancellations (due to bad weather or bad field conditions) will be posted on ASA's new website: www.ashlandsoccerassn.com. Please check for updates periodically. Games are still played during rain unless there is lightning. Dress your child appropriately for weather conditions. Team shirts should be worn over a player's sweatshirt or jacket so the team color and player's number can be seen.

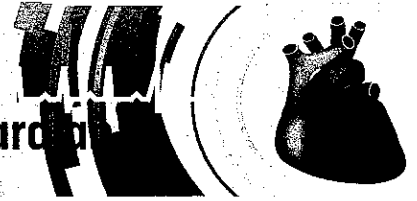
For the youngest players, the 4 v 4 format (recommended by Ohio Youth Soccer North and utilized throughout the United States) allows:

1. More touches on the ball for each player (players are not standing and watching, but are actively participating);
2. More scoring opportunities for each player;
3. More success building a player's confidence and self-esteem;
4. Creates more space (smaller "beehive");
5. Development of the mental aspect of the game sooner (players change from an offensive to a defensive mode at each change of possession);
6. Development of skills earlier in allowing players to enjoy participation and allowing the game to be the teacher with minimal instruction by coaches.

Our new website (presently under construction) will post teams, coaches, schedules, field closings, field maps, and announcements.

We thank you for your continuing support.

Sudden Cardiac Arrest and Lindsay's Law Information for the Youth Athlete and Parent/Guardian



- Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. This law went into effect in 2017. SCA is the leading cause of death in student athletes 19 years of age or younger. SCA occurs when the heart suddenly and unexpectedly stops beating. This cuts off blood flow to the brain and other vital organs. SCA is fatal if not treated immediately.
- "Youth" covered under Lindsay's Law are all athletes 19 years of age or younger that wish to practice for or compete in athletic activities organized by a school or youth sports organization.
- Lindsay's Law applies to all public and private schools and all youth sports organizations for athletes aged 19 years or younger whether or not they pay a fee to participate or are sponsored by a business or nonprofit. This includes:
 - 1) All athletic activities including interscholastic athletics, any athletic contest or competition sponsored by or associated with a school
 - 2) All cheerleading, club sports and school affiliated organizations including noncompetitive cheerleading
 - 3) All practices, interschool practices and scrimmages
- Any of these things may cause SCA:
 - 1) Structural heart disease. This may or may not be present from birth
 - 2) Electrical heart disease. This is a problem with the heart's electrical system that controls the heartbeat
 - 3) Situational causes. These may be people with completely normal hearts who are either are hit in the chest or develop a heart infection
- Warning signs in your family that you or your youth athlete may be at high risk of SCA:
 - o A blood relative who suddenly and unexpectedly dies before age 50
 - o Any of the following conditions: cardiomyopathy, long QT syndrome, Marfan syndrome, or other rhythm problems of the heart
- Warning signs of SCA. If any of these things happen with exercise, see your health care professional:
 - Chest pain/discomfort
 - Unexplained fainting/near fainting or dizziness
 - Unexplained tiredness, shortness of breath or difficulty breathing
 - Unusually fast or racing heart beats
- The youth athlete who faints or passes out before, during, or after an athletic activity **MUST** be removed from the activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
- If the youth athlete's biological parent, sibling or child has had a SCA, then the youth athlete must be removed from activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
- Any young athlete with any of these warning signs cannot participate in practices, interschool practices, scrimmages or competition until cleared by a health care professional.

- Other reasons to be seen by a healthcare professional would be a heart murmur, high blood pressure, or prior heart evaluation by a physician.
- Lindsay's Law lists the health care professionals who may evaluate and clear youth athletes. They are a physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist or certified nurse midwife. For school athletes, a physician's assistant or licensed athletic trainer may also clear a student. That person may refer the youth and family to another health care provider for further evaluation. Clearance must be provided in writing to the school or sports official before the athlete can return to the activity.
- Despite everyone's best efforts, sometimes a young athlete will experience SCA. If you have had CPR training, you may know the term "Chain of Survival." The Chain of Survival helps anyone survive SCA.
- Using an Automated External Defibrillator (AED) can save the life of a child with SCA. Depending on where a young athlete is during an activity, there may or may not be an AED close by. Many, but not all, schools have AEDs. The AEDs may be near the athletic facilities, or they may be close to the school office. Look around at a sporting event to see if you see one. If you are involved in community sports, look around to see if there is an AED nearby.
- If you witness a person experiencing a SCA: First, remain calm. Follow the links in the **Chain of Survival**:
 - ❖ Link 1: Early recognition
 - Assess child for responsiveness. Does the child answer if you call his/her name?
 - If no, then attempt to assess pulse. If no pulse is felt or if you are unsure, call for help "someone dial 911"
 - ❖ Link 2: Early CPR
 - Begin CPR immediately
 - ❖ Link 3: Early defibrillation (which is the use of an AED)
 - If an AED is available, send someone to get it immediately. Turn it on, attach it to the child and follow the instructions
 - If an AED is not available, continue CPR until EMS arrives
 - ❖ Link 4: Early advanced life support and cardiovascular care
 - Continue CPR until EMS arrives
- Lindsay's Law requires both the youth athlete and parent/guardian to acknowledge receipt of information about Sudden Cardiac Arrest by signing a form.